Traditional Meal Pattern Breakfast Minimum Quantities									
Fluid Milk  As a beverage, on cereal, or both	1/2 cup	3/4 cup	1/2 pint						
Fruit/Vegetable/Juice <sup>1</sup> Fruit and/or vegetable or, full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup						
Select <i>one</i> serving from each of t	he following compo	onents or two servings fro	om one component						
Grains/Breads									
One of the following or an equivalent combination:									
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice						
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving						
Whole-grain, enriched or fortified cereal	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce						
Meat/Meat Alternates									
One of the following or an equivalent combination:									
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce						
Cheese	1/2 ounce	1/2 ounce	1 ounce						
	1/2	1/2	1/2						
Large egg  Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.						
	2 Tbsp.	2 Tbsp.	4 Tbsp.						
Cooked dry beans and peas	1/2	1/2	1						

1/2 ounce

Nuts and/or seeds<sup>2</sup> (As listed in program guidance)

1/2 ounce

1 ounce

## Traditional Meal Pattern Lunch

Minimum Quantities					

Minimum Quantities								
	Preschool		Grades K-3	Grades 4-12 <sup>1</sup>	Recommended Quantities Grades 7-12 <sup>2</sup>			
Meal Component	Ages 1-2 (Group I)	Ages 3-4 (Group II)	Age 5 & 8 (Group III)	Age 9 & over (Group IV)	Age 12 & Over (Group V)			
Milk (as a beverage)	3/4 cup (6 fl. oz.)	3/4 cup (6 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)			
Meat/Meat Alternate (quantity of the edible portion as served)								
A serving of one of the following or a combination to give an equivalent quality:								
Lean meat, poultry, or fish (edible portion as served)	1 oz.	11/2 oz.	1 1/2 oz.	2 oz.	3 oz.			
Cheese	1 oz.	11/2 oz.	11/2 oz.	2 oz.	3 oz.			
Large egg(s)	1/2	3/4	3/4	1	11/2			
Cooked dry beans or peas	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup			
Peanut butter or soynut or other nut or seed butter	2 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	6 Tbsp.			
Yogurt	4 oz.	6 oz.	6 oz.	8 oz.	12 oz.			
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:								
Peanuts or soynuts or tree nuts or seed or an equivalent quality of any combination of the above meat/meat alternate	1/2 oz.=50%	3/4 oz.=50%	3/4 oz.=50%	1 oz.=50%	1 1/2 oz.=50%			
Vegetable/Fruit (2 different sources)								
2 or more servings of vegetable or fruit or both to total  Grains/Breads <sup>3</sup>	1/2 cup	½ cup	1/2 cup	3/4 cup	3/4 cup			
Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 per week  (minimum 1/2 serving per day)	8 per week  (minimum one serving per day)	8 per week (minimum one serving per day)	8 per week (minimum one serving per day)	10 per week  (minimum one serving per day)			